

Freedom From Smoking

Freedom From Smoking is a smoking cessation program created by the American Lung Association that provides support and resources for people who would like to quit smoking.

What you'll learn in Freedom From Smoking-

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good

Participants in this program will have help developing a plan of action and setting a quit date. The program consists of eight sessions over a seven week span of time.

If you are interested in this program or would like more information, please contact (309) 888- 5968 or Lily.Price@mcleancountyil.gov